



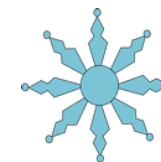
# TOWNSHIP of OCEAN MUNICIPAL ALLIANCE SENIOR EXERCISE & SOCIAL CALENDAR










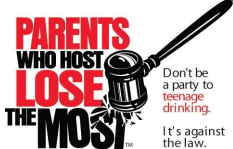

All Programs are held in the Waretown Community Center 239 11th St

For more information call Jeanne 609-548-6319 or email recreation@twpoceannj.gov

RSVP requested for All speakers programs: PIZZA & BINGO / WED. WELLNESS / RWJ BARNABAS HEALTHCARE  
SPEAKERS BUREAU

Sponsored in part by a grant from GCADA PAINT PARTY 1-26 FEE IS \$30PP REGISTRATION REQUIRED



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<u>Tropicana Trip 6-30</u> "The Magic of Bette Midler & Barry Manilow Cost \$100pp (\$25 slot credit & show ticket)	<b>Mets vs Phillies Trip</b> <b>May 6th in Philly</b> <b>cost is \$75pp</b>	3rd THUR. of each month BINGO & PIZZA COMPLIMENTS OF BARNEGAT REHAB & NURSING CENTER	2nd WEDS. of each month BINGO & PIZZA COMPLIMENTS OF COMPLETE CARE AT THE HAVENS, TOMS RIVER This month it's the 3rd Wednesday	1st THUR. of each month Lunch , BINGO or Speaker Compliments of Home Instead Healthcare	1ST FRIDAY OF EACH MONTH PAINT PARTIES WITH SHELLY 10AM-12P	1 
2	3 8:30 ZUMBA 9:15 TONING 11 SIT & BE FIT TAPES	4 930 JAZZERCISE 930 FOREVER YOUNG 12PM MAH JONGG	5 8:30 ZUMBA 9:15 TONING 11 SIT & BE FIT TAPES 12 CARDS / GAMES 7P MAH JONGG	6 830 DANCE PARTY 930 JAZZERCISE 930 FOREVER YOUNG 11 Sit n Be fit <u>12 LUNCH PROGRAM</u>	7 10am PAINT PARTY WITH SHELLY'S CREATIONS \$25 Call for details!!	8 
9	10 8:30 ZUMBA 9:15 TONING 11 SIT & BE FIT TAPES	11 930 JAZZERCISE 930 FOREVER YOUNG 12PM MAH JONGG	12 8:30 ZUMBA 9:15 TONING 11 SIT & BE FIT <u>12 NO BINGO TODAY</u> 7P MAH JONGG	13 830 DANCE PARTY 930 JAZZERCISE 930 FOREVER YOUNG 11 Sit n Be Fit 	14	15
16	17 <b>NO CLASSES</b> 	18 930 JAZZERCISE 930 FOREVER YOUNG 12PM MAH JONGG 	19 8:30 ZUMBA 9:15 TONING 11 SIT & BE FIT TAPES 12 <b>Pizza &amp; BINGO</b> 7P MAH JONGG	20 830 DANCE PARTY 930 JAZZERCISE 930 FOREVER YOUNG 11 Sit n Be Fit <u>12 PIZZA &amp; BINGO</u>	21 	22 
23	24 8:30 ZUMBA 9:15 TONING 11 SIT & BE FIT TAPES	25 930 JAZZERCISE 930 FOREVER YOUNG 12PM MAH JONGG	26 8:30 ZUMBA 9:15 TONING 11 SIT & BE FIT TAPES 12 CARDS / GAMES 7P MAH JONGG	27 830 DANCE PARTY 930 JAZZERCISE 930 FOREVER YOUNG 11 Sit n Be Fit	28 12PM <b>BRAIN GAMES</b> <b>WITH SPRING OAKS</b> <b>ASSISTED LIVING—</b> LUNCH PROVIDED	29
30 Home Instead Healthcare is the speaker 	31 8:30 ZUMBA 9:15 TONING Small Room 10:30 SENIOR ADVISORY MEETING	1-26 <b>EASLE ON DOWN</b> <b>PARTING PARTY \$30PP</b> <b>INCLUDES ALL MATERIALS</b> <b>PRE REG REQUIRED</b> 1-3PM 	4th Wed. of each month Free Breakfast & speaker at the Barnegat Diner 10:30am	Call Mickey or Dawn to register 609-698-1400 x 115	 Don't be a party to teenage drinking. It's against the law.	 it doesn't get more local Alliance to Prevent Alcoholism and Drug Abuse creating healthy & safe communities